

HIMACHAL PRADESH UNIVERSITY

SHIMLA

COURSES OF STUDY/SYLLABUS

FOR

MASTER OF ARTS

IN

PSYCHOLOGY

1. These M.A. courses of study in Psychology shall come into force from July 2003 onwards for M.A. Part-I (1st and 2nd semesters) and for M.A. Part-II (3rd and 4th semesters) from July 2004.
2. The evaluation system from 1st to 4th semesters shall continue to be same as being followed presently.
3. In each semester 4 theories and one practical course shall be offered and each course (theory or practical) will be of 60 marks.

The course requirements for the Master of Arts in Psychology are designed for various aims in view. Its basic objective is to provide theoretical orientation supplemented by practicals with respect to each field of psychology from 1st to 3rd semesters. The second major aim is to provide comprehensive training with research orientation in the specialized fields during the 4th semester, so that the student can apply the knowledge meaningfully for the well-being and development of society.

Semester-I

Course-I.	Foundations of Psychology	60 Marks
Course-II.	Research Methodology-I	60 Marks
Course-III.	Cognitive Processes	60 Marks
Course-IV.	Social Psychology	60 Marks
Course-V.	Practicals (experiments)	60 Marks

Semester-II

Course-VI.	Neurological Bases of Behaviour	60 Marks
Course-VII.	Research Methodology-II	60 Marks
Course-VIII.	Applied Social Psychology	60 Marks
Course-IX.	Personality Theories and Assessment	60 Marks
Course-X.	Practicals (tests)	60 Marks

Semester-III

Course-XI.	Psychopathology	60 Marks
Course-XII.	Research Methodology-III	60 Marks
Course-XIII.	Emotions	60 Marks
Course-XIV.	Cognitive Processes-II	60 Marks
Course-XV.	Practicals (experiments)	60 Marks

Semester-IV

Course-XVI.	Psychodiagnostics	60 Marks
Course-XVII.	Clinical and Community Interventions	60 Marks
Course-XVIII.	Practicals (tests)	60 Marks

Note: Select any two of the following courses (The availability of the courses will be decided by the Departmental Council).

Course-XIX.	Organizational Behaviour	60 Marks
Course-XX.	Organizational Change and Development	60 Marks
Course-XXI.	Psychology of Human Resources	60 Marks
Course-XXII.	Human Factor Engineering	60 Marks
Course-XXIII.	Environment and Behaviour	60 Marks
Course-XXIV.	Evolutionary Social Psychology	60 Marks
Course-XXV.	Stress, Coping and Health	60 Marks
Course-XXVI.	Cross-cultural Psychology	60 Marks

FIRST SEMESTER

Course-I:	Psychopathology	100 marks
Course-II:	Clinical Evaluation of Abnormal Behaviour and Psychotherapies	100 marks

SECOND SEMESTER

Course-III:	Health and community Psychology	100 marks
Course-IV:	Project report	

M.A. First SemesterCourse-I: Foundations of Psychology

1. Psychology as a Science: The nature of science; Psychology's place in science; Psychology within the framework of science; Psychology's initial subject matter; Psychology's modern subject matter.
2. Structuralism: Wilhelm Wundt and Edward Bradford Titchener.
Functionalism: John Dewey, William James, James Angell, Harvey Carr.
Associationism: Edward Lee Thorndike, Ivan Petrovich Pavlov.
3. Early Behaviorism: John Broadus Watson. The Later Behaviorists: Edward Chace Tolman, Clark Leonard Hull, Edwin Ray Guthrie, Burrhus Fredric Skinner.
4. Gestalt Psychology: Max Wertheimer, Kurt Koffka and Wolfgang Kohler.
5. Psychoanalysis: Sigmund Freud, Alfred Adler and Carl Gustav Jung.
Sociological school: Erik Erikson, Karen Horney, Erich Fromm, Harry Stack Sullivan.

Readings

Benjamin, Jr. L.T. (1988). *A History of Psychology: Original Sources and Contemporary Research*. London: McGraw Hill.

Chaplin, J.P. & Kraweic, T. (1979). *Systems and Theories of Psychology*. New York: Holt, Rinehart & Winston

Helzen, H. & Baveus, W. (1964). *Contemporary approaches to Psychology*. New York: Van Nostrand Reinhold.

Hothersall, D. (1990). *History of Psychology* (2nd Ed). London: McGraw Hill.

Marx, M.H. & Cronan-Hillix, W.A. (1987). *Systems and Theories of Psychology* (4th Ed.). New York: McGraw Hill.

Rock, I. & Palmer, S. (1990). The legacy of Gestalt Psychology. *Vignan* (Scientific American, December).

Wolman, B.B. (1960). *Contemporary Theories and Systems in Psychology*. New York: Harper & Row.

Woodworth, R.S. & Sheehan, H.R. (1971). *Contemporary Schools in Psychology*. London: Methuen.

M.A. First Semester

Course-II: Research Methodology-I (Psychological Testing/Assessment)

1. Nature and theory of psychological tests.
2. Test construction; Item analysis: item difficulty and item discrimination.
3. Concept and types of reliability and validity. Factors affecting reliability and validity.
4. Descriptive Statistics: Measures of central tendency and variability; Pearson's 'r', Spearman's 'rho' and rationale behind other correlation methods; Normal probability curve and its implications.
5. Inferential Statistics: t-test and F-test.

Readings

Anastasi, A. (1988). *Psychological Testing*. New York: McMillon.

Freeman, F.S. (1972). *Theory and Practice of Psychological Testing*. New Delhi: Oxford & IBH.

Guilford, J.P. (1954). *Psychometric Methods*. New Delhi: Tata-McGraw Hill.

Guilford, J.P. & Fruchter, B. (1973). *Fundamental Statistics in Psychology and Education*. London: McGraw Hill.

Jackson, D.N. (1967). *Problems in Human Assessment*. London: McGraw Hill,

Kulkarni, S.S.; & Puhan, B.N. (1988). Psychological assessment: Its present and future. In J. Pandey (Ed.). *Psychology in India: The-State-of-The-Art* (Vol.1, pp. 19-91). New Delhi: Sage.

Minium, E.W.; King, B.M. & Bear, G. (1993). *Statistical Reasoning in Psychology and Education*. New York: John Wiley.

Nunnally, J.C. (1978). *Psychometric Theory*. New Delhi: Tata-McGraw Hill.

M. A. First Semester

Course-III: Cognitive Processes-I

1. Cognitive approaches to experimental psychology. Origin and current status of cognitive psychology.
2. Attentional and Memory Processes: Selective attention, Division of attention, Memory: Methodology, STM and LIM, factors affecting memory, Neural Network. Long term memory: Knowledge memory systems, Simple and stable associations (example: conditioning), Procedural Memories.
3. Conditioning. Time Relations schedules of reinforcement. Generalization. Extinction. Positive reinforcement, and Aversive Behaviour.
4. Problem solving and Creativity. Nature and stages of problem solving. Factors affecting creativity.
5. Decision making and logical reasoning. Inductive and deductive hypotheses and conditional reasoning. Artificial intelligence.

Readings

D'Amato, M.R. (1970). *Experimental Psychology, Methodology, Psychophysics and Learning*. London: McGraw Hill.

Galotti, K.M. (1999). *Cognitive Psychology in and Outside Laboratory*. Mumbai: Thomson Asia.

Kling, J.M.; & Riggs, L.A. (Eds.) (1971). *Woodworth and Schlosberg's Experimental Psychology* (3rd Ed.). Holt, Rinehart and Winston.

Matlin, M, W. (1995). *Cognituion* (IIIrd ed.). Bangalore: Prism Books.

Snodgrass, J. G. et. al. (1985). *Human Experimental Psychology*. New York: Oxford University Press.

Woodworth, R.S.; & Schlosberg, H. (1954). *Experimental Psychology*. New York: Holt Rinehart and Winston.

M. A. First Semester

Course-IV: Social Psychology

1. Background of social psychology. Experimental methodology in social psychology: (a) Advantages and disadvantages of experimental method. (b) Methodological issues and problems: Experimenter bias and ethical problems of experimentation in social psychology.
2. Social Influence on behaviour: Imitation and observational learning compliance, obedience, conformity – classical studies.
3. Attitude formation and change: (a) Concept of attitudes (b) Learning of attitudes (c) Communication and persuasion for attitude change (d) Cognitive dissonance and attitude change.
4. Social perception: (a) Person perception and social cognition (b) Forming impression of others (c) Attribution theories.
5. Group process: Human relationship, social motivation, social emotion (aggression). Group structure (status, roles, leadership); Communication network; Group problem solving.

Readings

Aronson, E. & Carlsmith, M.J. (1990). Experimentation in Social Psychology. In G. Lindzey, & E. Aronson (Eds.) *The Handbook of Social Psychology* (Vol.2). Amrind.

Aronson, E. (1975). The theory of cognitive dissonance: A current perspective. In L. Berkowitz (Ed.) *Advances in Experimental Social Psychology* (Vol.8). New York: Academic Press.

Bandura, A.; & Walters, R.H. (1963). *Social Learning and Personality Development*. New York: Holt, Rinehart & Winston,

- Baron, R.A.; & Byrne, D. (1988). *Social Psychology*. London: Prentice-Hall.
- Berkowitz, L. (1975). *A Survey of Social Psychology*. The Drudon Press.
- Hoffman, L. (1975). Group problem solving . In L. Berkowitz, (Ed.) *Advances in Experimental Social Psychology* (Vol.4). New York: Academic Press.
- Hollander, E.P. (1979). *Current Perspectives in Social Psychology*. New York: John Wiley,
- Insko, C.A.; & Schopler, J. (1972). *Experimental Social Psychology*. New York: Academic Press.
- Jaspers, J.; Fincham, F.D.' & Hewstone, M. (Eds.) (1983). *Attribution Theory and Research: Conceptual, Developmental and Social Dimensions*. New York: Academic Press.
- Kelley, H. (1975). Group problem solving. In G. Lindzey & E. Aronson (Eds.) *The Handbook of Social Psychology* (Vol. IV). Amrind.
- McClintock, C.G. (Ed.) (1972). *Experimental Social Psychology*. New York: Holt, Rinehart & Winston,
- McGuire, J.W. (1975). The Nature of Attitudes and Attitude change. In G. Lindzey & E. Aronson (Eds.) *The Handbook of Social Psychology* (Vol.III). Amrind.
- Pandey, J. (1988). Social Influence Processes. In J. Pandey (Ed). *Psychology in India: The State-of-the-Art* (Vol.II, pp. 55-93). New Delhi: Sage.
- Triandis, H. (1995). *Cullture and Social Psychology*. New York: McGraw Hill.
- Ward, D.C. (1970). *Laboratory Manual in Experimental Social Psychology*. New York: Holt, Rinehart & Winston.

M. A. First Semester

Course-V: Practicals (experiments)

1. Study of response meaningfulness and formation of associations.
2. Verification of Wylie's hypothesis concerning the direction of transfer.
3. Study of serial positioning effect in rote learning.
4. Short term memory as a function of retention intervals (distracter technique).
5. Study of retroactive inhibition as a function of similarity between original and interpolated learning.
6. Effect of mental set on problem solving behavior.
7. Study of interference in STM through probe technique.
8. Study of field-dependence-independence.
9. Study of development of concepts through discrimination learning.
10. Study of species differences (slides or photographs or naturalistic observation).

Note: References in respective manuals and the same as in Course-III. The student shall have to perform eight experiments during the semester.

M. A. Second Semester

Course-VI: Neurological Bases of Behavior

1. Understanding Human Brain: Paradigm shift in mental health; Methods of studying brain activities: Invasive and non-invasive techniques; Multidisciplinary approaches to understand brain: Neurophysiology, Neuropsychology, Neurochemistry; Psychopharmacology, Neural networks.
2. Nerve Cells and Behavior: The neuron; Nerve impulse; Synapse; Transmission of nerve impulse. Cellular connections: Hebb's cell assembly

and formation of associations; Kandel's experiments on molecular basis of memory and learning.

3. Organization of Nervous System: Divisions of central nervous system; Neuropsychological localization of brain dysfunction; Multiple memory processes; AIIMS Comprehensive Neuropsychological Battery.
4. Hemispheres of the Neocortex: Lateralisation of functions; Handedness and cerebral dominance; Split-brain studies of Sperry and Gazzaniga.
5. Consciousness: Indian concepts of body and self: Gross, Subtle, Causal and Spiritual bodies; Degrees of consciousness: Waking, dreaming, deep sleep and trance; Interdisciplinary approaches to consciousness.

Readings

Current Science. (1995). *Special Issue: Neuroscience—A Multidisciplinary Approach*. Volume 68, Number 2.

Gazzaniga, M. S.; & Blakemore, C. (Eds.) (1975). *Handbook of Psychobiology*. New York: Academic Press.

Gupta, S. et al. (2000). The development and standardization of a comprehensive neuropsychological battery in Hindi (adult form). *Journal of Personality and Clinical Studies*, 16: 75-109.

Hebb, D. O. (1959). A neuropsychological theory. In S. Koch (Ed.) *Psychology: A study of a Science*. Volume 1 (pp. 622-642). New York: McGraw Hill.

Kandel, E. (1970). Nerve Cells and Behavior. *Scientific American*, July.

Kendall, P. C.; & Norton-Ford, J. D. (1982). *Clinical Psychology*. New York: John Wiley.

Levinthal, C. F. (1996). *Introduction to Physiological Psychology*. New Delhi: Prentice-Hall of India.

Menon, S.; Narasimhan, M. G.; Sinha, A.; and Sreekantan, B. V. (Eds.) (1999). *Scientific and Philosophical Studies on Consciousness*. Bangalore: National Institute of Advanced Studies.

Pandey, J. (Ed.) (2000). *Psychology in India Revisited. Volume I: Physiological Foundation and Human Cognition*. New Delhi: Sage.

Sinha, J. (1986). *Indian Psychology. Volume II Emotion and Will*. Delhi: Motilal Banarsidas.

Further Readings

Brown, H. (1976). *Brain and Behavior*. London: oxford University Press.

Diamond, S. J. (1980). *Neuropsychology*. London: Butterworths.

Eccles, J. C. (1980). *The Human Psyche*. New York: Springer-Verlag.

Gazzaniga, M. S. (1992). *Nature's Mind. The Biological Roots of Thinking, Emotions, Sexuality, Language and Intelligence*. London: Penguin.

Kandel, E. (1968). Cellular neurophysiological approaches to the study of learning. *Physiological Review*, 48 (1): 65-134.

Rajan, M. A. S. (Ed.) (1988). *Consciousness*. Malkote: The Academy of Sanskrit Research.

Sharma, K. (1986). *Handedness, Cognitive Abilities and Hemisphericity*. Delhi: Mittal Publications.

Varela, F. J.; & Shear, J. (Eds.) (1999). *The View From Within: First-Person Approaches to the Study of Consciousness*. Thorverton, UK: Imprint Academic.

Weizkrantz, L. (1990). Problems of learning and memory: One or multiple memory systems. *Philosophical Transactions of the Royal Society of London*, 329: 99-108.

World Health Organization. (2001). *The World Health Report: 2001: Mental Health: New Understanding, New Hope*. Switzerland: WHO.

M. A. Second Semester

Course- VII: Research Methodology – II (Experimental Methods)

1. Experimentation in Psychology: Purpose, Nature of variables, Types of Experimental designs (techniques of manipulation), Types and control in experiment. Sources of bias, Ethical issues in psychological research.
2. Between Group designs: Randomized Group Design/Single Factor Design. Randomized Block Design. Factorial designs (pxq & pxqxr). Multiple comparison among means: Duncan's, Newman Keuls, and Tuckey.

3. Within-Group Design: Single factor repeated measure design and curve fitting.
4. Mixed Designs: Two factors mixed design (repeated measure on one factor).
5. Non Parametric Tests: Sign test; Wilcoxon matched pairs signed rank test; Mann Whitney U Test; Friedman's two-way ANOVA; Kruskal Wallis one way ANOVA; Chi Square.

Readings

Black, T.R. (1988). *Quantitative Research Designs for Social Sciences*. Thousand Oaks: Sage.

Broota, K.D. (1992). *Experimental Design in Behavioural Research*. New Delhi: Wiley Eastern.

Bruning, J.L. & Kintz, B.L. (1987). *Computational Handbook of Statistics*. London: Scott, Foresman and Company.

D'Amato, M.R. (1970). *Experimental Psychology, Methodology, Psychophysics and Learning*. New York: McGraw Hill.

Edwards, A.K. (1976). *Experimental Designs in Psychological Research*. New York: Holt Rinehart & Winston.

Newman, W.L. (1991). *Social Research Methods: Qualitative and Quantitative*. Boston: Alyn & Bacon.

Robinson, P.W. (1976). *Fundamentals of Experimental Psychology*. New Delhi: Prentice Hall,

Siegel, S. (1956). *Nonparametric Statistics for the Behavioural Sciences*. New York: McGraw Hill,

Winer, B.J. (1971). *Statistical Principles in Experimental Design*. New York: McGraw Hill.

M. A. Second Semester

Course- VIII: Applied Social Psychology

1. Health Psychology: Need for health care arising from inadequacy of biomedical model. Personality variables in health and illness.
2. The Behaviour in work organization, field of organizational behaviour, some basic concepts, motivation of employees and job satisfaction.

3. Framework for Action (I): Development and Policy. Paradigms and indicators of social development; Inequalities: Social, political, gender and economic; their relationships and psychosocial consequences.
4. Framework for Action (II): Encountering the field. Understanding the social situation characteristics of setting. Understanding of global tension and its psychological implication.
5. Marital Adjustment: Concept and areas of marital adjustment – adjustment to mate, in law adjustment. Factors affecting marital adjustment. Criteria of successful marital adjustment. Interventions for marital conflict.

Readings

Backman, C.W.; & Secord, P.E. (1968). *A Social Psychological View of Education*. London: Harcourt Brace & World.

Baron, R.A.; & Byrne, D. (2000). *Social Psychology* (9th Ed.). Delhi: Pearson Education (Singapore).

Bickman, L.; & Rag, D.J. (1997). *Handbook of Applied Social Research*. Thousand Oaks: Sage.

Broom, A.K. (1989). *Health Psychology: Processes and Applications*. London: Routledge, Chapman & Hall.

Chakravarty, S. (1987). *Development Planning: An Indian Experience*. Oxford: Clarendon Press.

Kuppuswamy, B. (1975). *Social Change in India*. New Delhi: Vikas.

Landis, J.T.; & Landis, M.G. (1953). *Building a Successful Marriage*. London: Prentice Hall.

Lindzey, G.; & Aronson, E. (Eds.) (1975). *The Handbook of Social Psychology* (Vol.V). Amrind.

Leslie, G.R. (1976). *The Family in Social Context*. London: Oxford University Press.

Misra, G. (Ed.) (1990). *Applied Social Psychology in India*. New Delhi: Sage.

Misra, G.; & Verma, S. (1994). Social Problems, psychology and social policy. *Journal of Indian Academy of Applied Psychology*, 2, 97-105.

Moore, W.F. (1981). *Social Change*. London: Prentice Hall.

Panda, K.C. (1988). Social Psychology of Education. In J. Pandey (Ed.) *Psychology in India: The State-of-the-Art* (Vol.2, pp. 279-337). New Delhi: Sage.

- Robbins, S.B. (1985). *Organizational Behaviour*. London: Prentice Hall.
- Saks, M.J.; & Krupat, E. (1988). *Social Psychology and its Applications*. New York: Harper & Row.
- Schultz, D. (1977). *Growth Psychology : Models of Healthy Personality*. New York: Van Nostrand.
- Sharma, P.N.; & Shashtri, C. (1984). *Social Planning : Concepts and Techniques*. Lucknow: Lucknow Printing Press.
- Sinha, D.N.; Tripathi, R.C.; & Misra, G. (Eds.) (1979). *Deprivation: its Social Roots and Psychological Consequences*. New Delhi: Allied Publishers.
- Tripathi, R.C. (1988). Applied social psychology. In J. Pandey (Ed.) *Psychology in India: The State-of-the-Art* (Vol.2, pp. 95-157). New Delhi: Sage.

M. A. Second Semester

Course-IX: Personality Theories and Assessment

1. The concept of personality. Personality assessment.
2. Psychoanalytic theories. Major themes in psychoanalytic theory. Issues in Psychoanalytic theory of Sigmund Freud. Personality theories with view points of Adler and Jung and Neo Freudians. Critical evaluation of the Psychoanalytic viewpoints.
3. The Dispositional theories: Allport's trait approach, Cattell's trait approach. Eysenck's typologies, the heritable aspect of personality. Need based approaches to personality: Murray, Atkinson and McClelland. Critical evaluation of dispositional theories.
4. The Humanistic theories. Maslow's hierarchical model of human motivation. Roger's Self Theory of personality. Critical evaluation of humanistic model.

5. The Behavioural and Cognitive theories. Social learning theories of Miller and Dollard, Rotter and Bandura and Skinner's view points. Critical evaluation of behavioural theories.

Readings

Biscoff, L.J. (1970). *Interpreting Personality Theories*. New York: Harper & Row.

Hall, C.S.; & Lindzey, G. (1978). *Theories of personality*. New York: John Wiley.

Hjelle, L.A.; & Zeigler, D.J. (1991). *Personality Theories: Basic assumptions, research and applications*. London: McGraw Hill.

Kakar, S. (2001). *The essential writings of Sdudhir Kakar*. New Delhi : Oxford.

Liebert, R.M.; & Spiegler, M.D. (1980). *Personality : Strategies and issues*. California: Brooks/Cole Publishing Company.

Magnusson, D.; & Endler, N.S. (1977). *Personality at Crossroads*. New Jersey, Hillsdale : Lawrence Erlbaum Associates.

Pervin, L.A. (1975). *Personality: Theory, assessment and research*. New York: John Wiley.

Ryckman, R.M. (1978). *Theories of personality*. New York: D. Van Nostrand Co.

Sahakian, W.S. (1965). *Psychology of personality: Readings in theory*. Chicago : Rand McNally College Publication Company.

M. A. Second Semester

Course X: Practicals (tests)

1. Personality .. E P I.
2. Personality .. 16 P F.
3. Draw-A-Man Test.
4. Anxiety .. S T A I.

5. Anxiety .. T A I.
6. Intelligence .. S P M.
7. Intelligence .. W A I S.
8. Intelligence .. W I S C.
9. Altruism.
10. Creativity.

Note: For reading material consult respective manuals of the tests. The student shall have to perform eight tests during the semester.

M.A. Third Semester

Course XI: Psychopathology

1. Concept of normality and abnormality. Different cultural perspectives. Classification in terms WHO, DSM IV & ICD-10. Theoretical approaches: Psychoanalytic, Behavioral, Cognitive, Biological and Socio-cultural.

2. Psychoneurotic disorders: Phobia OCD. Somatoform. Anxiety and various viewpoints and its measurement.
3. Functional psychoses: Schizophrenia and mood disorders; Depression: unipolar and bipolar disorders; Etiology, dynamics and different models of Schizophrenia and MDP. Organic psychoses. Changing views of brain function and dysfunction. Epilepsy.
4. Psychosomatic disorders: Theories, personality disposition (type A & B), cardiovascular, asthma, allergies, ulcers, diabetes and EHN.
5. Personality disorders. Adjustment disorders. Delinquency, Crime and ASP. Sleep disorders. Sexual and gender identity disorders.

Readings

Adams, H.E.; & Sutker, P.B. (1984). *Comprehensive Handbook of Psychopathology*. New York: Plenum Press.

Bellack, A.S.; & Hersen, M. (1984). *Research Methods in Clinical Psychology*. New York: Pergamon Press.

Coleman, J. C. (1998). *Abnormal Psychology and Modern Life*. Bombay: Taraporevala Sons & Company.

Davison, G.C.; & Neale, J.M. (1982). *Abnormal Psychology: An experimental clinical approach*. New York: John Wiley.

Diagnostic and Statistical Manual of Mental Disorder – 4th ed. Washington: APA.

Dowson, J.H.; & Grounds, A.T. (1995). *Personality Disorders Recognition and Clinical Management*. London: Cambridge University Press.

Kaplan, B.J.; & Sadock, B.J. (Eds.). *Synopsis of Psychiatry* (7th ed). USA: Williams & Wilkins.

Kazdin, A.E. (1992). *Research Design in Clinical Psychology*. Boston: Allyn & Bacon.

Zuckerman, E.L. (1995). *Clinician's Thesaurus* (4th ed.). New York: Guilford Press.

M.A. Third Semester

Course XII: Research Methodology – III (Non-Experimental & Qualitative Methods)

1. True Experiments and Quasi-Experiments: Characteristics of true experiments, obstacles of conducting. True Experiments in natural setting; Threats to internal validity controlled by True Experiments; Problems that even True Experiments may not eliminate. Quasi-Experiments.

2. Specific Quasi-Experimental Designs: The non-equivalent control group design: its illustration and sources of invalidity in this design; Interrupted time series designs, Time Series with non-equivalent control group (Multiple time series design). Single case designs: problems, limitation and extension to research in natural settings.
3. Correlational Designs: Cross-sectional design; Longitudinal design (Successive independent sample study); Panel design. Introduction to multiple correlation.
4. Quantitative Research-I: Characteristics of qualitative research, Qualitative/Quantitative distinction, Ethics. Research designs: Case studies & Multisite studies. Analytic induction and constant comparative method; Proposal writing, Interview schedules and Observer guides.
5. Qualitative Research-II: Field work; Participant/Observer continuum; Interviewing; Photography. Types or sources of qualitative data; Data analysis and report writing.

Readings

Altmann, J. (1974). Observational Study of behavior: Sampling methods. *Behaviour*, XLIX (3-4): 227-267.

Barbara, G.T.; & Fidell, L.S. (1983). *Using Multivariate Statistics*. London: Harper & Row.

Blalock, H.M. (1979). *Social Statistics*. New York: McGraw Hill.

Bogdan, R.C.; & Biklen, S.K. (1992). *Qualitative Research for Education: An Introduction to Theory and Methods*. London: Allyn & Bacon.

Cook, T.D.; & Campbell, D.T. (1979). *Quasi Experimentation*.

Jones, R.A. (1985). *Research Methods in the Social and Behavioural Sciences*. Sunderland: Sinaver Assoc.

Shaughnessy, J.J. & Zechmeister, E. B. (1985). *Research Methods in Psychology*. New York: Alfred A. Knopf.

M.A. Third Semester

Course XIII: Emotions

1. Basic Issues in the Study of Emotions: Activation mechanisms of the body; Approaches to emotion: Categorical, dimensional and cognitive.
2. Facial Expressions in Emotion: Evolutionary approach; Ekman and Friesen's Facial Action Coding System; Facial cues to deceit; Voluntary and spontaneous neural pathways; Hemispheric preferences in processing of emotional stimuli.
3. Bodily Changes in Emotion: Physiological responses: EEG; EMG; ECG; GSR and Pneumograph; Polygraph as a lie detector; Autonomic Nervous System; Affective disorders.
4. Theories of Emotion: James-Lange theory; Cannon-Bard theory; Papez-MacLean theory; Emotional memory; Attachment formation.
5. Indian Perspective on Emotions: Springs of action: *Bhava* and *Rasa*; Permanent emotions; Transitory emotions; Organic expressions of emotions; Aesthetic emotions; Religious emotions (*Bhaktibhava*) and sentiments (*Bhaktirasa*).

Readings

Beck, R. C. (1990). *Motivation: Theories and Principles*. New Jersey: prentice Hall.

Kling, J. W.; & Riggs, L. A. (Eds.). (1971). *Woodworth and Schlosberg's Experimental Psychology*. New York: Holt, Rinehart & Winston.

Ekman, P. (1985). *Telling Lies*. New York: W. W. Norton & Company.

Gale, A. (Ed.) (1988). *The Polygraph Test*. London: Sage.

Gazzaniga, M. S. (1992). *Nature's Mind. The Biological Roots of Thinking, Emotions, Sexuality, Language and Intelligence*. London: Penguin.

Levinthal, C. F. (1996). *Introduction to Physiological Psychology*. New Delhi: Prentice-Hall of India.

Sinha, J. (1986). *Indian Psychology. Volume II Emotion and Will*. Delhi: Motilal Banarsidas.

Young, P. T. (1966). *Motivation and Emotion*. New York: John Wiley.

Further Readings

- Bennett, T. L. (1977). *Brain and Behavior*. California: Brooks/Cole.
- Brown, H. (1976). *Brain and Behavior*. London: oxford University Press.
- Das, J. P. (1998). *The Working Mind*. New Delhi: Sage.
- Ekman, P. (Ed.) (1973). *Darwin and Facial Expressions*. New York: Academic Press.
- Ekman, P. (Ed.) (1982). *Emotion in the Human Face*. London: Cambridge University Press.
- Gazzaniga, M. S.; & Blakemore, C. (Eds.) (1975). *Handbook of Psychobiology*. New York: Academic Press.
- Guidano, V. F.; & Liotti, G. (1983). *Cognitive Process and Emotional Disorders*. New York: The Guilford Press.
- Kao, H.S.R.; & Sinha, D. (Eds.) (1977). *Asian Perspectives on Psychology*. New Delhi: Sage.
- Kiev, A. (Ed.) (1970). *Social Psychiatry. Vol. 1*. London: Routledge & Kegan Paul.
- Kuppuswamy, B. (1985). *Elements of Ancient Indian Psychology*. Delhi: Vikas.
- LeDaux, J. E. (1994). Emotion, Memory and the Brain. *Scientific American*, June.
- Robinson, W. P. (1996). *Deceit, Delusion and Detection*. London: sage.
- Varela, F. J.; & Shear, J. (Eds.) (1999). *The View From Within: First-Person Approaches to the Study of Consciousness*. Thorverton, UK: Imprint Academic.
- Woodworth, R. S.; & Schlosberg, H. (1954). *Experimental Psychology*. Calcutta: Oxford & IBH Publishing.

M.A. Third SemesterCourse XIV: Cognitive Processes-II

1. Sensory Systems and Perception: Sensory Systems—Touch, smell, hearing, and vision; Sensory thresholds and psychophysical functions; Perceptual development.

2. Auditory Process: The auditory stimulus; Auditory theories: Volley principle and place theory of Bekesy; Brain asymmetry in hearing; Auditory space perception; Noise induced hearing loss.
3. Visual Process: The visual stimulus; Raman's theory of vision; Duplicity theory; Temporal and spatial factors; Theories of color perception: Young-Helmholtz, Opponent process, Retinex.
4. Perceptual Processes: Principles of perceptual organization; Geometrical illusions; Perceptual differentiation; Perception of time—Biological and psychological aspects; Pain and its perception; Perceptual vigilance and subliminal perception.
5. Information Processing and Planning: PASS theory of cognitive processing; Neuropsychology of planning; Investigating the planning process—Visual search tasks, crack-the-code, planning composition

Readings

Brown, E. L.; & Deffenbecher, K. (1979). *Perception and the Senses*. London: Oxford University Press.

Kling, J. W.; & Riggs, L. A. (Eds.). (1971). *Woodworth and Schlosberg's Experimental Psychology*. New York: Holt, Rinehart & Winston.

Das, J. P.; Kar, B. C.; & Parrila, R. K. (1996). *Cognitive Planning*. New Delhi: Sage.

Levinthal, C. F. (1996). *Introduction to Physiological Psychology*. New Delhi: Prentice-Hall of India.

Pandey, J. (Ed.) (2000). *Psychology in India Revisited. Volume I: Physiological Foundation and Human Cognition*. New Delhi: Sage.

Rich, E.; & Knight, K. (1995). *Artificial Intelligence*. New Delhi: McGraw-Hill

Schiffman, H. R. (1976). *Sensation and Perception*. New York: John Wiley.

Woodworth, R. S.; & Schlosberg, H. (1954). *Experimental Psychology*. Calcutta: Oxford & IBH Publishing.

Further Readings

Barlow, H. B. & Mollen, J. D. (1985). *The Senses*. London: Cambridge University Press.

Beck, R. C. (1992). *Applying Psychology*. New Jersey: Prentice Hall.

- Beardslee, D. C.; & Wertheimer, M. (Eds.) (1966). *Readings in Perception*. New Delhi: Affiliated East-West Press.
- Chandrashekar, M. K. (1981). Tuning our body clock. *Science Today*, October.
- Daehler, M. W. & Bukatko, D. (1985). *Cognitive Development*. New York: Alfred A. Knoph.
- Eccles, J. C. (1980). *The Human Psyche*. New York: Springer-Verlag.
- Eysenck, M. (1993). *Principles of Cognitive Psychology*. Hillsdale, USA: Lawrence Earlbaum Associates.
- Manchanda, S. K. (1987). Pain: Physiology and Perception. *Science Today*, September.
- Melzack, T. (1961). The Perception of Pain. *Scientific American*, February.
- Rama Rao, P. (1978). *Studies in Time Perception*. Delhi: Concept Publishing.
- Raman, C. V. (1968). *The Physiology of Vision*. Bangalore: The Indian Academy of Sciences.
- Roberts, S. (1981). Isolation of an internal clock. *Journal of Experimental Psychology: Animal Behavior Processes*, 7 (3): 242-268.
- Rock, I.; & Palmer, S. (1990). The legacy of Gestalt Psychology. *Vignan* (Scientific American), December.
- Tibbetts, P. (Ed.) (1969). *Perception*. New York: The New York Times Book.
- Segall, M. H.; Dasen, P. R.; Berry. J. W.; & Poortinga, Y. H. (1999). *Human Behavior in Global Perspective*. London: Allyn & Bacon.
- Sharma, S. K. (1979). The Body's Own Painkillers. *Science Today*, April.
- Stebbins, W. C.; & Coomb, S. (1975). Behavioral assessment of ototoxicity in nonhuman primates. In B. Weiss and V. G. Laties (Eds.) *Behavioral Toxicology* (pp. 401-427). New York: Plenum Publishing Corporation.

Course -XV: Practicals (experiments)

1. Study of space and movement error in Muller-Lyer Illusion.
2. Study of retinal rivalry and fusion.
3. Study of perception of filled and unfilled intervals.
4. Study of emotional stimulus on the respiratory response.
5. Study of accuracy in judgement of visual depth perception under monocular and binocular conditions.
6. Effect of different sensory modalities on disjunctive reaction time.
7. Study of threshold of closure on perception by method of constant stimuli.
8. Study of aesthetic quality of geometric designs by method of paired comparisons.
9. Study of the effect of relaxation on the muscular response.
10. Study of emotional expressions in two species (slides or photographs or naturalistic observation).

Note: References in respective manuals and same as in Course-XIV. The student shall have to perform eight experiments during the semester.

M. A. Fourth Semester

Course -XVI: Psychodiagnostics

1. Nature of Psychological Assessment: Case study, history taking, interview and observation. The limitation of traditional methods e.g. behavioural. Rationale for each psychological test to be administered on the client. Ethics of psychological testing.
2. Cognitive Assessment: Intelligence Aptitude creativity & interests. The value and limitations of cognitive testing.
3. Personality Assessment: Questionnaire and projective tests e.g. Rorschach TAT and inkblot tests. Tests of values. The value and limitations of personality tests.
4. Neuropsychological Reports: Assessment of psychophysiological indices of arousal and anxiety (e.g. GSR, ECG, EEG) and relationship with subjective reports.
5. Reporting: Integrating different test results. Recent advances in psychodiagnostics.

Note: A visit to the general and mental hospital is mandatory.

Readings

Beck, S.J. (1978). *Rorschach's Test*. New York : Grune & Stratton.

Bellack, L. (1954). *The Thematic Apperception Test and Children's Apperception Test in Clinical Use*. New York: Grune & Stratton.

Campbell, J.P.; et al. (1973). The development and evaluation of behaviourally based scales. *Journal of Applied Psychology*, 54: 15-22.

Chapman, L.J.; & Chapman, L.P. (1968). Illusory correlation as an obstacle to the use of valid psychodiagnostics signs. *Journal of Abnormal Psychology*, 74: 271-280.

Choce, P.; & Shanley (1986). Factor analysis of MCMI. *American Psychologist*, 54 (2): 253-256.

- Ciminero, A.R.; et al. (Eds.)(1986). *Handbook of Behavioural Assessment*. New York: John Wiley.
- Harsen, M.; & Bellack, A.S. (Eds.) (1981). *Behavioural Assessment : A practical handbook*. New York: Pargamon Press.
- Golden, C.G.; Moses, J.A.; Coffman, J.A.; Miller, W.R; & Strider, F.D. (1983). *Clinical Neuropsychology: Interface with neurological and psychiatric disorders*. U.K.: Grune and Stratton.
- Greene, R. L. (1991). *MMPI: An interpretive manual*. Massachusetts: Allyn & Bacon.
- Sarason, I.G. (Ed.) (1980). *Test Anxiety: Theory, Research and Applications*. Hillsdale, N.J.: Lawrence Erlbaum.
- Spielberger, C.D.; & Vagg, P.R. (Eds.) (1995). *Test Anxiety: Theory, Assessment and Treatment*. USA: Taylor and Francis.
- Sud, A. (2001). Test Anxiety Research in India: Twentieth Century in Retrospect. *Psychology and Developing Societies*, 73 (1): 51-69.
- Sud, A.; & Sud, P. (1997). *Manual of Test Anxiety Inventory Hindi (TAI-H)*. Varanasi: Rupa Psychological Centre.
- Winer, B. (1983). *Clinical Methods in Psychology*. New York : John Wiley.

M. A. Fourth Semester

Course -XVII: Clinical and Community Interventions

1. Therapeutic Interventions: Nature, scope and aim of interventions; Distinction between guidance, counseling and psychotherapy; Areas of guidance: educational, vocational and personal; Guidance and counseling for educational and vocational decisions; Theories of occupational choice.
2. Counseling Relationship: Counseling psychology in the New Millennium; The helping process; Counselor characteristics and values; Issues faced by the therapists; Skills of a therapist: listening, leading, summarizing, confronting, interpreting and informing; Training in social skills.
3. Counseling services: Systematic counseling; Counseling interview; Appraising the client: testing and non-testing techniques. Therapies: Behavior Therapy; Cognitive therapy; Psychoanalytically oriented psychotherapy; Client-centered psychotherapy; Holistic approaches: Yoga and meditation.
4. Group interventions: Mechanisms of group psychotherapy; Group therapies: socio-drama, family therapy, encounter groups and other group interventions.

Milieu and community: strategies and interventions; Social psychiatry: pathogenic significance of migration, acculturation, poverty, discrimination and automation.

5. Community mental health services: Information technology: nature and implications for human relationships; Migration and urbanization: causes and psychosocial consequences; Disadvantaged groups: psychosocial perspectives; Empowerment: gender issues; Peoples participation in education and health programs.

Readings

Aboud, F. E. (1998). *Health Psychology in Global Perspective*. London: Sage.

Feltham, C.; & Horton, I. (Eds.) (2000). *Handbook of Counselling and Psychotherapy*. London: Sage.

Kendall, P. C.; & Norton-Ford, J. D. (1982). *Clinical Psychology*. New York: John Wiley.

Korchin, S. J. (1986). *Modern Clinical Psychology. Principles of Intervention in the Clinic and Community*. Delhi: CBS Publishers.

Morse, S. J.; & Watson, R. I. (Eds.) (1977). *Psychotherapies. A comparative casebook*. New York: Holt, Rinehart and Winston.

Rama, S.; Ballentine, R.; & Ajaya, S. (1976). *Yoga and Psychotherapy. The evolution of consciousness*. Pennsylvania: The Himalayan Institute of Yoga and Philosophy.

Wolfe, R.; & Dryden, W. (1996). *Handbook of Counselling Psychology*. New Delhi: Sage.

Further Readings

Bloch, S. (Ed.) (1986). *An Introduction to Psychotherapies*. New York: Oxford.

Broome, A. K. (1989). *Health Psychology*. London: Chapman and Hall.

Gottlieb, B. H. (1983). *Social Support: Guidance for mental health practice*. New Delhi: Sage.

- Jones, A. J.; Stefflre, B.; & Stewart, N. R. (1977). *Principles of Guidance*. New Delhi: Tata McGraw Hill.
- Kiev, A. (Ed.) (1970). *Social Psychiatry. Vol. 1*. London: Routledge & Kegan Paul.
- Kessler, M.; Goldston, S. E. & Joffe, J. M. (Eds.) (1992). *The Present and Future of Prevention*. New Delhi: Sage.
- Mohan, B. (1973). *Social Psychiatry in India*. Calcutta: The Minerva Associates.
- Mowrer, O. H. (1964). *The New Group Therapy*. London: Van Nostrand Reinhold.
- Rao, N. S. (1981). *Counselling Psychology*. New Delhi: Tata McGraw Hill.
- Rose, S M.; & Black, B. L. (1985). *Advocacy and Empowerment. Mental health care in the community*. London: Routledge & kegan Paul.
- Slavson, S. R. (1979). *Dynamics of Group Psychotherapy*. London: Janson Aronson.
- Segall, M. H.; Dasen, P. R.; Berry, J. W.; & Poortinga Y. H. (1999). *Human Behavior in Global Perspective*. London: Allyn and Bacon.
- Sheras, P. L.; & Worchel, S. (1979). *Clinical Psychology. A social psychology approach*. New York: Van Nostrand Reinhold Company.

M. A. Fourth Semester

Course -XVIII: Practical (tests)

1. Ecological Attitude and Cognitive Scale.
2. Environmental Awareness (test or naturalistic observation)
3. Guidance Needs Inventory.
4. PGI Health Questionnaire N-1.
5. Mechanical Aptitude Tests (Battery).

6. Multifactor Interest Questionnaire.
7. Life Stress.
8. Occupational Stress.
9. Test of Values.
10. Case Study/Organizational Study

Note: For reading material consult respective manuals of the tests. The student shall have to perform eight tests during the semester.

M. A. Fourth Semester

Course -XIX: Organizational Behaviour

1. Introduction to organizational behaviour, organizational diagnosis, basic concept and types of organizations.
2. Work Motivation and Organizational Moral: The nature and process of work motivation. Content theories of work motivation: VIE model, Porter-Lawler model, Organizational moral and job satisfaction.
3. Leadership: Trait and situational approach. Classical theories: Theory X and Theory Y; Argyris' continuum of immaturity/maturity. Tannenbaum and Schmidt continuum. Iowa, Michigan and Ohio studies. Systems and Process models: Likert's model of management systems, Path-Goal theory, Vroom-Yetton normative model. Situational and Stylistic models: Fielder's contingency theory, 3-D model, Grid model, Hersey and Blanchard's situational leadership theory/life cycle theory.
4. Communication and Group Processes: Communication channels and barriers to communication effectiveness. Group structure and communication. Techniques of improving communication.

5. Organizational Conflicts: Causes, types and modes of resolving inter-group conflicts.

Note: A visit to an organization is mandatory.

Readings

Arnold, H.J.; & Feldman, D.C. (1986). *Organizational Behaviour*. New York: McGraw Hill.

Cooper, C.L.; & Robertson, I.T. (Eds.) (1988). *International Review of Industrial and Organizational Psychology*. New York: John Wiley.

Davis, K. (1978). *Human Behaviour at Work*. New Delhi: Tata McGraw Hill.

Herbert, T.T. (1981). *Dimensions of Organizational Behaviour*. London; MacMillan.

Hersey, P.; & Blanchard, K.H. (1982). *Management of Organizational Behaviour: Utilizing Human Resources* (4th Ed.). London: Prentice Hall.

Luthans, F. (1989). *Organizational Behaviour*. New York: McGraw Hill.

Robbins, S.P. (1985). *Organizational Behaviour*. London: Prentice Hall.

Sharma, R.A. (1982). *Organizational Theory and Behaviour*. New Delhi: Tata McGraw Hill.

M. A. Fourth Semester

Course - XX: Organisational Change and Development

1. The importance and nature of change. Change and human response. Introducing change effectively: Basic steps.
2. Organization effectiveness: Concept, problems in measurement of effectiveness. System-level criteria of judging effectiveness.
3. The nature of organizational development: Assumptions and values. Relevant systems concepts. Action research.
4. The nature of Organizational Development (OD). Interventions: Team interventions, inter-group interventions, personal, interpersonal and group processes interventions: A descriptive inventory of OD interventions.
5. Comprehensive interventions. Structural interventions: Job enrichment and MBO. Conditions for optional success of OD.

Readings

Dunnette, M.D. (Ed.) (1976). *Handbook of Industrial and Organizational Psychology*. Chicago: Rand McNally.

French, W.L.; & Bell, C.H. Jr. (1980). *Organizational Development*. London: Prentice Hall.

Herbert, T.T. (1981). *Dimensions of Organizational Behavior*. London: MacMillan.

Khandwalla, P.N. (1988). Organizational effectiveness. In J. Pandey (Ed.) *Psychology in India: The State-of-the Art* (Vol.3, pp. 97-215). New Delhi: Sage.

Luthans, F. (1989). *Organizational Behaviour*. London: McGraw Hill.

Margulies, N.; & Raia, A.P. (1975). *Organizational Development: Values, process and technology*. New Delhi: Tata McGraw Hill,

McGill, M.E. (1977). *Organizational Development for Operating Managers*. AMACO (a division of American Management Association).

Pareek, U. & Rao, T.V. (1986). *Designing and Managing Human Resources Systems*. New Delhi: Oxford.

Rudrabasavaraj, M.N. (1977). *Executive Development in India*. New Delhi: Himalaya Publishing House.

Sharma, R.A. (1982). *Organizational Theory and Behaviour*. New Delhi: Tata McGraw Hill,

M. A. Fourth Semester

Course - XXI: Human Resources

1. Introduction: Development of industrial psychology. The role of Psychologist in Industry. Psychology of individual differences. The scope and premises of Industrial Psychology.
2. Principles of Personnel Testing: Testing and measurement in Industry. Characteristics of Tests. Test norms. Reliability and validity.
3. Personnel Selection: Types of Tests. Overview of intellectual, mechanical, spatial, perceptual-motor, personality and interest tests; & Multiple aptitude test batteries. The interview and other selection devices. Performance appraisal techniques; Uses of appraisal information.
4. Personnel Training: The nature of training, principles of learning, training design, learning curves. Type of training programmes, training needs, training methods and techniques, behaviour modelling. Updating and retraining programmes, evaluation of training.

5. Employee counseling: Personnel development. Career counseling, Career planning.

Readings

Bech, D.S. (1980). *Personnel*. London: McGraw Hill.

Blum, M.L.; Maylor, J.C. (1984). *Industrial Psychology: Its theoretical and Social Foundations*. Delhi: CBS Publishers.

Casico, W. (1982). *Applied Psychology in Personnel Management*. London: Prentice Hall.

Dunette, M. (1976). *Handbook of Industrial and Ogranizational Psychology*. Rand McNally.

Koreman, A.K. (1971). *Industrial and Organizational Psychology*. London: Prentice Hall.

Landy, F.J.; & Trumbo, D.A. (1980). *Psychology of Work Behaviour*. Dorsey Press.

McCormick, E.J.; & Ilgen, D. (1984). *Industrial Psychology*. London: Prentice Hall.

Mohanty, G. (1983). *Text Book in Industrial and Organizational Psychology*. New Delhi: Oxford & IBH,

Wexley, K.N.; & Yukul, G.A. (1973). *Organizational Behaviour and Industrial Psychology*. London: Oxford University Press.

M. A. Fourth Semester

Course - XXII: Human Factor Engineering

1. Human Engineering: Historical perspective, nature, need and scope.
2. Human Performance: Time and motion studies. Human movements: some simple principles. Need for allowances in time and motion study. Examples of continued inefficiencies. Breaking resistance. Work Study.
3. Designing Work for Humans: Awareness of human engineering problems. Identifying human engineering problems. The design of machine control. A model foreman-machine systems. Humans as sensing devices and processors of information. Solving human engineering problems. Realism in human engineering research. A programme of systems research.

4. The Physical Work Environment: Illumination, atmospheric conditions, sound and noise, noise and performance. Heat and cold. Stresses from environment. After-effects of stressors. The interaction of two or more stressors.
5. Accidents-Prevention and Safety : Accident proneness principle, causes of accidents, predicting accidents. Situational and personal factors in accidents. Designs for safety. Industrial safety programmes.

Readings

Barnes, R.M. (1980). *Motion and Time Study: Design and Measurement of Work*. New York: John Wiley.

Blum, M.C. (1980). *Industrial Psychology: Its Theoretical and Social Foundation*. Delhi: CBS.

Harrell, T.W. (1964). *Industrial Psychology*. New Delhi: Oxford and IBH.

McCormick, E.J.; & Ilgen, D. (1984). *Industrial Psychology*. London: Prentice Hall.

McCormick, E.J. (1976). *Human Factor Engineering and Design*. London: McGraw Hill.

Tiffin, J.; & McCormick, E.J. (Eds.) (1980). *Industrial Psychology*. London; Prentice Hall.

M. A. Fourth Semester

Course - XXIII: Environment and Behavior

Basic Issues in Environment and Behavior: An Interdisciplinary Approach; Habitats in human history; Ideologies of environmentalism in India; Social and economic change.

Culture and Ecology: Changing man-nature relationship; Demography: Mortality, fertility and parental care; Ecology and culture in psychology; Acculturation and psychological adaptation.

Environmental Ethics and Social Movements: Earth as a living system, the Gaia; The Deep Ecology; The Chipko movement; Distressed human development and its impact on community, families and individual.

4. Concern for Environment: Perception and preferences; Crowding and personal

space; Psychosocial issues in joint forest management, biodiversity conservation and alternative technology interventions.

5. Resource Use and Human Well-being: Concepts of well-being, utilitarianism and resource; Resource use: The commons, displacement, migration.

Readings

Bonnes, M.; & Scchiarioli, C. (1995). *Environmental Psychology: A psychological Introduction*. London: Sage.

Dreze, J.; & Sen, A. (Eds.) (1992). *Indian Development*. Delhi: Oxford University Press.

Gadgil, M.; & Guha, R. (1999). *This Fissured Land: An Ecological History of India*. New Delhi: Oxford.

Lovelock, J. E. (1987). *Gaia: A new Look at Life on Earth*. New York: Oxford University Press.

Mishra, R. C.; Sinha, D.; & Berry, J. W. (1996). *Ecology, Acculturation and Psychological Adaptation*. New Delhi: Sage.

Naess, A. (1989). *Ecology, community and lifestyle. Outline of an ecosophy*. New York: Cambridge University Press.

Ittelson, W. H.; Proshansky, H. M.; Rilvin, E. G.; Winkel, G. H.; & Dempsey, D. (1974). *An Introduction to Environmental Psychology*. New York: Holt, Rinehart and Winston.

Segall, M. H.; Dasen, P. R.; Berry, J. W.; & Poortinga Y. H. (1999). *Human Behavior in Global Perspective*. London: Allyn and Bacon.

Sen, A. (1999). *Inequality Reexamined*. New Delhi: Oxford University Press.

Further Readings

Bunyard, P. (Ed.) (1996). *Gaia in Action*. Edinburgh: Floris Books.

Colhoun, J. B. (1982). Population density and social behavior. *Scientific American*, February.

Evans, G. W.; Palsane, M. N.; Lepore, S. J.; & Martin, T. (1989). Residential density and psychological health: The mediating effects of social support. *Journal of Personality and Social Psychology*, 57, 994-999.

- Gadgil, M.; & Guha, R. (1995). *Ecology and Equity*. New Delhi: Penguin Books.
- Goldsmith, E. (1998). *The Way: An Ecological World-view*. Athens: The University of Georgia Press.
- Kiev, A. (Ed.) (1970). *Social Psychiatry. Vol. 1*. London: Routledge & Kegan Paul.
- Odum, E. P. (1997). *Ecology: A Bridge between Science and Society*. Massachusetts: Sinauer Associates.
- Rangan, H. (2000). *Of Myths and Movements: Rewriting Chipko into Himalayan History*. New Delhi: Oxford University Press.
- Riczin, T. (Ed.) (1997). *Fire in the Heart, Fire Wood on the Back*. Silyara: Parvatiya Navjivan Mandal.
- Roy, A. (1999). *The Greater Common Good*. Bombay: India Book Distributors.
- Sahoo, F. M.; Mishra, P. K.; & Pirta, R. S. (Eds.) (1988). *Environment and Behaviour*. Delhi: Akshat Publications.
- Schumacher, E. F. (1993). *Small is Beautiful*. London: Vintage.
- Stokols, D.; & Altmann, I. (Eds.) (1987). *Handbook of Environmental Psychology*. New York: Wiley. Vols. I & II.
- Wicker, A. W. (1979). *An Introduction to Ecological Psychology*. New York: Cambridge University Press.

M. A. Fourth Semester

Course - XXIV: Evolutionary Social Psychology

1. Approaches to Primate Social Behavior: Comparative Psychology, Ethology, and Sociobiology; Proximate and ultimate causes of behavior.
2. Evolution of Social Behavior in Primates: Models of evolution: Darwinian selection, kin selection, reciprocal altruism and group selection; Ecology and behavior: Feeding and ranging.
3. Primate Societies: Natural Groups; Semi-natural Groups; Affectional systems; Cooperative behavior; Urbanization in primates; Peacemaking in primates.

4. Demographic Processes and Mating Strategies: Population parameters; Population dynamics; Sex-ratio; Sexual selection; Mating patterns; Rearing patterns; Parent-Offspring conflict; Infanticide.
5. Primate Social Cognition: Social learning; Social knowledge; Vocal Communication; Deception; Attribution; Ape language projects.

Readings

Cheney, D. L.; & Sefarth, R. M. (1990). *How Monkeys See the World*. London: University of Chicago.

De Waal, F. (1989). *Peacemaking Among Primates*. London: Penguin Books.

Dunbar, R. I. M. (1988). *Primate Social Systems*. London: Croom Helm.

Harlow, H. F.; & Mears, C. (1979). *The Human Model: Primate Perspectives*. New York: John Wiley.

Jolly, A. (1985). *The Evolution of Primate Behavior*. New York: Macmillan Publishing Company.

McFarland, D. (1987). *Animal Behaviour: Psychobiology, Ethology and Evolution*. England: ELBS/Longman.

Richard, A. F. (1985). *Primates in Nature*. New York: W. H. Freeman.

Singh, S. D. (1969). Urban Monkeys. *Scientific American*, July.

Further Readings

Baerends, G.; Beer, C.; & Manning, A. (Eds.) (1975). *Function and Evolution in Behaviour*. London: Clarendon Press.

Betzig, L.; Mulder, M. B.; & Turke, P. (Ed.) (1988). *Human Reproductive Behaviour: A Darwinian Perspective*. New York: Cambridge University Press.

Eibl-Eibesfeldt, I. (1975). *Ethology: The Biology of Behavior*. New York: Holt, Rinehart and Winston.

Hays, N. (1994). *Principals of Comparative Psychology*. Hillsdale, USA: Lawrence Earlbaum Associates.

Hinde, R. A. (1983). *Primate Social Relationships*. London: Blackwell Scientific Publications.

- Kiev, A. (Ed.) (1970). *Social Psychiatry. Vol. 1*. London: Routledge & Kegan Paul.
- Narasimhan, R. (1996). *Language Behaviour: Acquisition and Evolutionary History*. New Delhi: Sage.
- Pandey, J. (Ed.) (2000). *Psychology in India Revisited. Volume I: Physiological Foundation and Human Cognition*. New Delhi: Sage.
- Rawlins, R. G.; & Kessler, M. J. (Eds.) (1986). *The Cayo Santiago Macaques: History, Behavior and Biology*. Albany: State University of New York Press.
- Roonwal, M. L.; & Mohnot, S. M. (1977). *Primates of South Asia: Ecology, Sociobiology and Behavior*. Cambridge: Harvard University Press.
- Seth, P. K. (Ed.) (1983). *Perspectives in Primate Biology*. New Delhi: Today and Tomorrow's Printers and Publishers.
- Trivers, R. L. (1985). *Social Evolution*. Tokyo: The Benjamin/Cummings.
- Wilson, E. O. (1980). *Sociobiology (The Abridged Edition)*. Cambridge: Belknap Press of the Harvard University.
- Wynne-Edwards, V. C. (1986). *Evolution through Group Selection*. London: Blackwell Scientific Publications.

M. A. Fourth Semester

Course - XXV: Stress, Emotion, Coping And Health

1. The Nature of Stress and Health: Lazarus and Folkman's Transactional Model; Eastern/oriental conceptualization of stress; Sources/types of stress; Life events stress; Work site/organizational/executive stress; Examination stress.
2. Stress and Health/Related Consequences: Behavioural and physical symptoms. Burnout stress syndrome (BOSS). Anxiety, anger and depression as emotional vital signs of health; Their nature and management.
3. Socio-Demographic (e.g., socio-economic status, gender), Personality (e.g., Type A behaviour pattern) and Coping strategies (Problem-focused and

emotion-focused) as moderators of the relationship of stress and health/well-being.

4. Social Resources: Social/Family/Peer/Supervisory support and their appraisals as moderators of the relationship of stress and health/well-being.
5. Self-Management via increasing self-awareness: Yoga; Meditation; Bio-feedback; Assertiveness training; Time management.

Readings

Beck, A.T. (1972). *Depression : Causes and Treatment*. Philadelphia :

Beck, A.T., Rush, A.J., Shaw, B.F. & Emery, G. (1979). *Cognitive Therapy of Depression*. New York: Guilford Press.

Cartwright, S.; & Cooper, C.L. (1997). *Managing Workplace Stress*. New Delhi : Sage.

Cooper, C.; & Payne, R. (Eds.) (1988). *Causes, Coping and Consequences of Stress at work*. Chichester : Wiley.

Cooper, C.; & Payne, R. (Eds.) (1991). *Personality and Stress: Individual Differences in Stress Process*. Chichesxter :Wiley.

Cotton, D. (1990). *Stress Management and Integrated Approach to Psychotherapy*. New York: Brunner.

Easwaran, E. (1989). *Meditation*. Tomales, C.A.: Nilgiri Press.

Kassinov, H. (Ed.) (1995). *Anger Disorders: Definitions, Diagnosis and Treatment*. Washington, D.C.: Taylor & Frances.

Lam, D.J.; & Palsane, M.N. (1997). Research on Stress and Coping: Contemporary Asian Approaches. In H.S.R. Kao & D. Sinha (Eds.) *Asian Perspectives on Psychology* (pp.265-281). New Delhi: Sage.

Lazarus, P.S.; & Folkman, S. (1984). *Stress Appraisal and Coping*. New York: Springer.

Misra, G. (Ed.) (1999). *Psychological Perspectives on Stress and Health*. New Delhi: Concept.

Pareek, U. (1993). *Making Organizational roles Effective*. New Delhi: Tata McGraw Hill.

Pestonjee, D.M. (199). *Stress and Coping: The Indian Experience*. New Delhi: Sage.

Pam, U. (Ed.) (1998). *Suffering and Stress Management: West versus East*. Pune : Deep Publications.

Sharma, S. (1988). Stress and Anxiety. In J. Pandey (Ed.) *Psychology in India: The State-of-the-Art* (Vol. 1; pp. 191-248). New Delhi: Sage.

Spielberger, C.D.; & Siason. I.G. (Eds.) (1996). *Stress and Emotions: Anxiety, Anger and Curiosity* (Vol. 16). Washington, D.C.: Taylor & Frances.

Spielberger, C.D.; Petterband, L.M.; Sydeman, S.J., et.al. (1995). Assessment of Emotional States and Personality Traits: Measuring Psychological Vital Signs. In J.N. Butcher (Ed.) *Clinical Personality Assessment: Practical Approaches* (pp. 43-58). New York: Oxford University Press.

M. A. Semester Fourth

Course - XXVI: Cross-cultural Psychology

1. Need for cross-cultural psychology. Domain of cross-cultural psychology. New theoretical perspectives and paradigms.
2. Basic concepts for cross-cultural psychology. Diversity of socialization as a mediating process. Individualistic versus collectivistic orientations. Understanding cross-cultural value differences.
3. The indigenous psychology: Theoretical rational, cautions and considerations.
4. Cross-cultural psychology: The Asian scenario.

5. Methodological concepts in cross-cultural research: Features of cross-cultural studies. Taxonomy of cross-cultural studies. Cross-cultural testing problems. Methodological issues in cross-cultural research.

Readings

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